

Senior Happenings

October 2016

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT 06473
Office: 203-239-5432 Fax: 203-234-7185
Hours: Weekdays 8:00 a.m. to 4:00 p.m.
Café: 203-239-4030 9am -12 noon
www.town.north-haven.ct.us

Mission

The mission of the Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities.

Staff

Manager and Municipal Agent for Elderly: *Judy Amarone*
Program Coordinator: *Sue Tienken*
Secretaries: *Maggie Maiden and Ellen McDonald*
Transportation: *Keith Baedor, Richard Kaman and Kevin Smith*
Café Manager: *Arlene Herzog*



Daily, Medical, Errands, Grocery Shopping, Mini Trips

Daily Transportation

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Scheduled and Mini Trips

For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Mondays: (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

Tuesdays:

- Hairdressers, Barbers and Nail Salons

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)

- Errands to include – pharmacies, bank, post office, card shop

Thursdays: (time frame for mini trips will be an hour and half from time of drop off)

- Hairdressers, Barbers and Nail Salons
- Mini Trips: **Please see the Calendar for dates and places.**

Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.

Medical Transportation

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

Please make note: there will be *no medical, no grocery shopping, and no errands or daily transportation* on the following days – October 10; November 11 and 24; December 2 and December 26.

Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make-up day during that week for transportation.

Activity dates, transportation and times are subject to change.

Already on medicare? If so Start Preparing for Open Enrollment Now...

If you are already are on Medicare I have a task for you. Take 20 minutes today to assess your health and your healthcare spending. Make it a top priority item as it can make a world of difference in the long run. You may be thinking I already have a plan, why bother? The reason can be best summed up in three words: Medicare Open Enrollment. It begins on October 15 and runs through December 7. This time period is when you will start receiving dozens of letters and offers telling you to use this open enrollment period to drop your current coverage and switch to another company. Before signing any contracts with a new insurance provider make sure the plan is a good fit for you.

Here are some things to assess prior to making a change in your healthcare coverage:

- **Did my health get better or worse in the past year?** As you get older you may experience more health complications each year. You may be newly diagnosed with a condition and that could mean spending more money on health coverage and visiting your physician more frequently.
- **How much money did I spend on healthcare last year?** Over the past year, you have spent money on premiums, deductibles, copayments, coinsurance, and other out of pocket expenses. Add all of these together. With this number in mind, you can estimate how much money you may need to spend in the coming year. If you had a hard time managing your cost last year, you will want to purchase a plan that's not so hard on your pocket.
- **What is an Annual Notice of Change Form?** Your Medicare plan will send you a "Plan Annual Notice of Change" (ANOC) each fall. The ANOC includes any changes in coverage, costs, or service area that will be effective in January 2017. Review any changes to decide whether the plan will continue to meet your needs in the next year. If you don't get this important document, contact your plan.
- **Provider Network/Flexibility:** You may have picked Original Medicare when you were doing a lot of traveling and wanted the flexibility of accessing services all over the country. If you're staying closer to home now you may want to switch to a Medicare Advantage plan. Or the opposite may be true – you are traveling a lot more than you used to and a Medicare Advantage plan may no longer be a good fit.

To learn more there will be a health insurance specialist presentation on October 14 and October 31, both at 10:00 a.m. Feel free to invite your family and friends.

Again, know the plan before you make any changes.

Lastly, if you are happy with your plan then there is no need to make any changes.



Cookie Walk Table. . .

The Cookie Walk table will be back! Please begin to save your 1 pound empty coffee cans and bring them to the Center! The Cookie Walk was so popular last year we don't want to run out so we are looking for bakers to bake at least 4 dozen of their favorite cookies! If you are willing to bake please sign up on the sheet, on the bulletin board across from Judy's office.

Granny's Attic and Jewelry Table . . .

We are looking for your "once loved" items, all in good to excellent condition, for the Granny's Attic and Jewelry tables for the Holiday Bazaar. Please begin bringing the items in on Thursday, September 1 through Tuesday, November 1.

The following items are acceptable donations:



- Housewares: cookware, sauce pans, dishes, serving utensils – please make sure they are clean!
- Appliances (small & portable): can openers, clocks, coffee makers/pots, & crockpots – please make sure they work and they are clean!
- Home goods: lamps, pictures/paintings, mirrors
- Miscellaneous: wicker baskets, children's toys (no stuffed animals), dolls, board games, seasonal items, i.e. Christmas décor, Easter, Halloween, and collectibles.

The Center does not accept the following:

- Albums/vinyl records
- Knives
- Beddings/linens
- Cameras
- Clothing of any type including: shoes, purses, or coats
- Computers/ printers
- Books, magazines
- Medical equipment
- Plants
- Sewing machines
- Stereo equipment/tape recorders, TV's, VHS tape players or tapes

Items that are in good working order are the most beneficial for the bazaar. We do not repair broken items, and the disposal of such items takes away from our bazaar. It's hard to say "no thank you" to a donation however at times we may have to if the donation does not benefit the goal of raising money for the Center.

Holiday Fair Vendors Wanted . . .

The North Haven Senior Center is looking for Vendors for their upcoming Annual Holiday Fair to be held Friday, November 18 from 1:00 to 6:00 p.m. and Saturday, November 19 from 9:00 a.m. to 2:00 p.m.

The Center provides ample parking and is well attended. The cost of the space will be \$35.00 with a 6 foot table provided. Rental for one day is \$35.00 or \$55.00 for the weekend. An additional table is available for an extra \$25.00. Participation is not necessary for both days. Please contact the North Haven Senior Center, 203-239-5432, if you are interested in renting a space! Rental deadline is Friday, October 28th. Please note that no refunds will be given unless the Fair is cancelled.

Happenings	Date/Time	Cost	Registration Dates
Presentation: <i>What Is Normal Aging Part 2?</i> Presented by Dr. Susann Varano She will continue her discussion and address the normal aging process of the mid and lower body systems. Dr. Varano will also share the process that is considered abnormal in these bodily systems. Helpful tips will be provided on strategies on how to better manage bodily challenges as we age.	Monday, October 3, 10:00 a.m.	Free	If you would like to attend but did not register, please Stop in the office 15 min Prior to the program
New Members Breakfast - Resident's Only	Tuesday, October 4, 9:30 a.m.	For current members who would like to join us for breakfast, cost \$2.00	Registration closed
Bingo & Lunch Italian wedding soup, grilled cheese sandwich, dessert and drinks	Wednesday, October 5, 11:30 a.m.	\$5.00; residents \$10.00; non-residents Lunch only: \$3.00; residents \$8.00; non-residents	Registration closed Min/Max seating: 10/40
Pinochle Tournament Sign up with a partner or sign up on your own and we will partner you up!	Thursday, October 6, 11:30 a.m.	\$5.00; residents \$10.00; non-residents	Registration closed

Happenings	Date/Time	Cost	Registration Dates
Bocce Tournament with Department Heads Lunch will be served promptly at 11:30 a.m. Meatball sub, drink and dessert will be provided!	Friday, October 7 11:30 a.m.	Free to Bocce Players Only!	Registration closed
Jazz Festival Let's bring it back to New Orleans style, with some live Jazz music and a great menu! We will be serving some real n'awlins muffuletta (sandwiches with lots of great food stuffed inside), sweet potato fries and Judy's homemade Louisiana bread pudding.	Thursday, October 13, 12:30 p.m.	\$6.00; residents \$11.00; non-residents	Registration closed Min/Max seating: 10/40
Presentation: <i>Medicare Made Clear</i> Nick Casella of Health Insurance Associates will be presenting the changes in Medicare and new benefits that will enhance your lifestyle and most of all gain new benefits saving you money. This program is geared to those that are already enrolled in Medicare and for those who are about to sign up in Medicare. This is not a pitch to sell insurance rather it is a program designed to help you make the best choices!	Friday, October 14, 10:00 a.m.	Free	Please call the Center by Friday, October 7 to register, 203-239-5432

Happenings	Date/Time	Cost	Registration Dates
Storyteller, Kate Allen Smith Come join Kate today to enjoy an hour of great conversation!	Tuesday, October 18, 10:30 a.m.	No Fee	RSVP by October 13 by calling the Center
Make It Take It Project: Knitted Pumpkin Bag (sample at the Center) For beginners and Intermediate Knitters!	2 part: Wednesday, October 19 and Wednesday, October 26 1:00 to 3:00 p.m.	No Fee to residents \$5.00 for non-residents	Please register by Wednesday, October 12 by calling the Center All materials will be provided!
Ask An Attorney: The attorneys are specialists in estate planning and elder law. All consultations are confidential! This program will fill up quickly so call today and set up your appointment!	Thursday, October 20 1:00 to 2:30 p.m. 15 minute increments with Attorney Ann Farrell from Farrell & Grochowski, PC	No Fee Residents Only!	Call the Center by October 14 to setup your 15 minute appointment Appointments: Min/Max: 3/6
Dinner & A Movie: Elsa & Fred Menu will be meatball subs, drinks and dessert	Thursday, October 20, 3:00 p.m.	\$5.00; residents \$10; non-residents	Register by Friday, October 7 Min/Max Seating: 15/30
Flu Clinic sponsored by the VNA Community Healthcare	Monday, October 24, 11:30 a.m. to 1:00 p.m.		
Cooking for 1 or 2 with Fall Recipes Sarah the Dietician from ShopRite is back!!! Please join her in learning on how to make Fall foods for 1 or 2	Monday, October 24 and 31, 1:00 p.m.	Free to residents only!	Please call the Center by October 14 Min/Max seating: 2/20

Happenings	Date/Time	Cost	Registration Dates
<p>Presentation: <i>How to Laugh Out Loud and Love It!!</i></p> <p>Carolyn Finch will be here to teach us the 3 areas of laughter with reflexology, laughter yoga and kinesiology! This program is designed for everybody! Enjoy a morning of laughter and go away learning that You grow old because you stop laughing!</p>	Thursday, October 27, 10:00 a.m.	Free to residents!	<p>Please call the Center by October 21 to reserve your seat.</p> <p>Min/Max seating: 10/20</p>
<p>Mini Trip Out: Christmas Tree Shop and Cracker Barrel</p> <p>We will be going on our Annual Christmas Tree shop trip and then stopping at Cracker Barrel.</p>	Tuesday, October 25, 10:30 a.m.		<p>Please sign up with the Center by Wednesday, October 19 or call, 203-239-5432</p> <p>Maximum bus seating: 19 people</p>
<p>Make It Take It Project: Pumpkin Painting</p> <p>Students from Quinnipiac University will bring in pumpkins and paints. Let's show our talent! Come on in and make your own pumpkin to display at home for Halloween!!</p>	Thursday, October 27, 10:00 a.m.	Free to residents only!	<p>Please call the Center by October 12 to reserve your spot.</p> <p>Snacks will be provided!</p>

Happenings	Date/Time	Cost	Registration Dates
Presentation: <i>Medicare Made Clear</i> Nick Casella of Health Insurance Associates will be presenting the changes in Medicare and new benefits that will enhance your lifestyle and most of all gain new benefits saving you money. This program is geared to those that are already enrolled in Medicare and for those who are about to sign up in Medicare. This is not a pitch to sell insurance rather it is a program designed to help you make the best choices!	Monday, October 31, 10:00 a.m.	Free	Please call the Center by Wednesday, October 26 to register, 203-239-5432
Halloween Bingo Wear your best costume and receive two free bingo cards! Enjoy some spooky prizes, treats or tricks - who will know? Prizes awarded for best costume, scariest, funniest, most beautiful - be creative and join in the fun!!	Monday, October 31, 12:30 p.m.		Please call the Center by October 21 to let us know if you are planning on joining us for Halloween Bingo - fun snacks will be provided!

Thank you to the following for your generosity for the month of September ...

***Janine Stevens, Al&Sandy Wilhelms, Bert Parese,
Sharon Alpert, Madelyn Boni, Ann DellaValle***

Welcome to the Center...

***Alice Clark, Margaret Mansfield, James & Nancy Foley
S.C. Gandotra, Angelina & Neil Lillo***

Save the Dates . . .

November Events:

- **Bingo & Lunch** – Wednesday, November 2, 11:30 a.m. Menu for today's lunch will be chili (not too hot), corn muffins, drinks and dessert! Cost for residents, \$5.00; non-residents, \$10.00. If you do not want to play bingo and have lunch only, cost for residents, \$3.00; non-residents, \$8.00. **Resident registration begins Tuesday, October 4 through Monday, October 24; non-residents registration begins Monday, October 17 through Monday, October 24. Min/max seating: 10/40.**
- **Military Whist Tournament** – Thursday, November 10, 11:30 a.m. – see attached flyer
- **Holiday Fair** – Friday, November 18; 1:00 to 6:00 p.m. and
Saturday, November 19; 9:00 a.m. to 2:00 p.m.
Lots of nice new ideas and great homemade crafts, ceramics, huge raffle table, cookie walk, and homemade pepper jelly. The kitchen will be open serving meatball subs, chili and hot dogs all day. On Friday and Saturday we will be serving fried dough pizzas!! So save the date and come support our Center! We also have some great new vendors coming to the Bazaar this year!
- **All Day Bingo and Lunch** – Friday, November 25, 10:00 to 11:30 a.m., lunch will be served at 11:45 a.m. and then bingo will resume at 12:45 p.m. Turkey open face sandwiches on white toast, served with homemade stuffing, gravy, cranberry sauce on the side, drinks and pumpkin pie for dessert! Cost: \$6.00; residents and \$11.00; non-residents. Lunch only: \$5.00; residents and \$10.00; non-residents. **Registration begins on Monday, October 24 through Thursday, November 10 for residents and Thursday, November 10 through Friday, November 18 for non-residents.** The price includes lunch and 2 bingo cards for bingo play not progressive and progressive will only be played in the afternoon!!
- **Annual Tree Decorating Party and Christmas Caroling with our Songsters** – Tuesday, November 29, 1:00 p.m.

December Events:

- ❄ **Tri-Town Christmas Party** – Friday, December 2, 11:00 a.m. held at Zandri's Stillwood Inn, Menu consists of: individual antipasto, family style ziti with meat sauce, choice of Chicken Francais, Stuffed Filet of Sole or Prime Rib, vegetable medley, roasted potatoes, dessert, coffee and diet soda on tables. Cash bar will be available. There will be raffle prizes and entertainment by Airborne Trio. **Tables of 10 will be available – please sign up with your party so we can ensure you will be sitting together. Ticket cost: \$25.00 per resident and \$30.00 per non-resident. Collection starts Monday, October 17 and will end Wednesday, November 16 – Please checks only, made payable to: North Haven Senior Citizen!** Transportation will be available, please make your reservations early. If you drive and would like to ride the bus to Zandri's, please meet us at the Center by 10:00 a.m. All activities, grocery shopping and medical transportation at the Center will be cancelled for the day.
- ❄ **Bingo and Lunch** – Wednesday, December 7, 11:30 a.m.
- ❄ **Wine and Paint Party** – Thursday, December 8, 1:00 p.m.
- ❄ **Hanukkah Breakfast** – Thursday, December 15, 10:30 a.m.
- ❄ **Bring In the New Year** – Thursday, December 29, 11:45 a.m. background music by Sal Anastasio and catering done by Zandri's Stillwood Inn – held at the Senior Center.

Paid and Unpaid Classes*

Registration begins four weeks prior to class start date.

If there is availability for non-residents, they may register two weeks prior to class start date.

All checks made payable to: North Haven Senior Citizen.

A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment as instructors based on payment once the class is filled.

***Sponsorships for paid classes may be available, please see Judy.**

COMPUTER CLASSES – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. **New Session:** Tuesday, October 25 through Tuesday, November 22, each new session will run for 5 weeks. **Please call the Center to register for the new session by Friday, October 7. Beginner and advanced classes available. Cost: \$5.00 resident, \$10.00 non- resident.**

OIL PAINTING – Tuesday, 12:45 to 2:45 p.m. **Current Session:** will end November 29, 2016. **New Session:** Tuesday, December 6, 2016 through Tuesday, February 21, 2017. **Residents registration will begin on Tuesday, October 25 through Friday, November 25, non-residents registration will begin on Tuesday, November 8 through Friday, November 25. Cost: \$30 resident, \$35 non-resident.** A list of supplies will be given to you prior to the first class. **Participants: Min/Max: 12/16.**

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m. **Session:** Mondays and Wednesdays, beginning on Monday, September 12 through Wednesday, December 14, 2016. Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls. **Participants: Min/Max: 10/15.**

TAI CHI: FOR ARTHRITIS - Monday and Thursday, 10:00 to 11:00 a.m. **Session:** Mondays and Thursdays beginning on Monday, September 12 through Thursday, December 15, 2016. Learn about Tai Chi practice, increase balance and stability, helps you stay on your feet and helps you manage your arthritis. **Participants: Min/Max: 10/15.**

BEGINNER CHAIR YOGA - Tuesday, 10:00 to 11:30 a.m. **Current Session: will end November 15, 2016. New Session:** Tuesday, November 22, 2016 through Tuesday, February 7, 2017, 10:00 to 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. **Residents registration begin son Tuesday, October 25 through Thursday, November 17, non-residents registration begins on Tuesday, November 8 through Thursday, November 17. Cost: \$50 residents, \$55 non-residents. Participants: Min/Max 8/12.**

GENTLE HATHA YOGA - Thursday, 1:00 to 2:30 p.m. **New Session:** Thursday, October 20, 2016 through Thursday, January 19, 2017 **no class on the following Thursdays, November 17 and 24.** Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. **Current Session: will end October 13. Residents registration begins on Monday, September 12 through Friday, October 7, non-residents registration begins on Monday, September 26 through October 7. Cost: \$50 residents; \$55 non-residents. Participants: Min/Max 5/12.**

2016 Day Trip Policies

- Trips are open to all North Haven seniors on a first come first serve basis starting on the collection date. Non-resident seniors may sign up two weeks after collection date. A \$5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
- Full payment is due in order to secure your reservation. **Checks only please, made payable to North Haven Senior Citizens.**
- Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip. This is important since it has an emergency contact person, medications and allergies.
- Registrations cannot be taken over the phone. Payment and registration is made in person. However in the event you are unable to make it to the Center, a friend may register you for the trip as long as payment is made. When a friend is registering you for a trip, emergency contact information, name and phone number is required. If you are ill or are away on vacation payment may be mailed to the office only after you have contacted the office to inform them of your situation, mailing in your payment will not guarantee you a spot on the trip. No early pre-registration prior to the scheduled registration for any trips unless noted in the newsletter will be taken. Please do not ask staff to stray away from the guidelines.
- Please make the staff aware of any special seating requests for the bus as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately, due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.
- If special assistance is needed, it is highly recommended to bring a family member or friend.
- There will be no refunds. If the Travel Agent or the Center cancels the trip or if there is a waiting list, refunds will be issued.
- Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
- Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by the North Haven Senior Center staff member.
- In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

Casino: Foxwoods – Tuesday, November 1, 2016. **Collection date: Friday, September 23, 2016.** Cost: \$28.00 per resident; \$33.00 per non-resident Departure time at 8:15 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE Nutrition for Mind, Body and Spirit October, 2016											
Monday		Tuesday		Wednesday		Thursday		Friday			
3		4		5		6		7			
6 oz Tomato Florentine soup 1 pkt crackers 3 oz Crab cake ½ cup Mashed potato ½ cup Peas and carrots Tartar sauce 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz Low Fat Milk		OCTOBER FEST 3oz Bratwurst 1/2c Cabbage & Apples 1/2c Broiled Potatoes 1 Dinner Roll 1 tsp Margarine 1 pc Black Forest Cake 8oz Low Fat Milk		BINGO & LUNCH See Newsletter For Details No Lifebridge Lunch		Columbus Day Menu 3oz Chicken A Mala Santa Maria ½ c New World Shells 1/2c Columbus Veg Blend Parmesan Cheese 1 Slice Italian Bread Italian Ice 8oz Low Fat Milk		3 oz Cheese omelet ½ cup Roasted potato ½ cup Country style veggies 1 Corn bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk			
10		11		12		13		14			
Columbus Day Centers Closed		3 oz Pork loin/gravy ½ cup O'Brien potato ½ cup Bean blend 1 slice Rye bread 1 tsp margarine ½ cup Applesauce 8 oz low fat milk		6 oz chicken gumbo soup LS crackers 3 oz Baked fish ½ cup Oven roasted potato ½ cup broccoli 1 slice Wheat bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk		JAZZ FESTIVAL See Newsletter For Details No Lifebridge Lunch		3 oz Spinach grandolioli with sauce ½ cup Peas 1 cup Tossed salad with chick peas and LS Italian dressing 1 slice Italian bread 1 tsp margarine 4 oz Grape juice 1 slice Pound cake 8 oz low fat milk			
17		18		19		20		21			
3 oz Sweet and sour pork ½ cup Fried rice ½ cup Oriental blend 1 Dinner roll 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk		HAPPY BIRTHDAYS! 6oz Vegetable Soup 1 pkt crackers 3 oz Stuffed chicken with supreme sauce ½ Sweet potato ½ cup zucchini and tomato 1 slice Wheat bread 1 tsp margarine 4 oz Cranberry juice Birthday Cake 8oz Low Fat Milk		BOX LUNCH TODAY		3 oz Turkey/gravy ½ cup Mashed potato ½ cup Green beans Cranberry sauce 1 Wheat dinner roll 1 tsp margarine ½ cup Applesauce 8 oz low fat milk		3 oz Eggplant parmesan ½ cup Penne with sauce ½ cup Spinach 1 slice Garlic bread 1 tsp margarine ½ cup Fruit cocktail 8 oz low fat milk			
24		25		26		27		28			
½ cup Spaghetti 3 oz meatballs Parmesan Cheese 1 cup Tossed salad with cucumber and raspberry vinaigrette 1 Herb bread stick 1 tsp margarine Scalloped apples 8 oz low fat milk		1 cup Turkey divan ½ cup rice ½ cup Carrots 1 slice Family grain bread 1 tsp margarine Fresh fruit 8 oz low fat milk		3 oz Light crunch fish ½ cup Roasted red skin potato ½ cup Summer spring blend Tartar sauce 1 Wheat dinner roll 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk		3 oz Pot roast/gravy ½ Baked potato Broccoli Multigrain bread 1 tsp margarine 4 oz Apple juice Mixed berry strudel 8 oz low fat milk		6 oz vegetable barley soup 1 pkt crackers 1/6 Spinach quiche ½ Broiled tomato ½ cup Roasted squash 1 slice Pumpernickel bread 1 tsp margarine 4 oz Mixed fruit juice ½ cup Chocolate pudding 8 oz low fat milk			
31											
Happy Halloween 3oz Monster Meatballs 1/2c Spooky Spaghetti 1/2c Goulash Green Beans 1 Batty Breadstick 1 tsp Margarine 1/2c Witches Brew Candy Corn Brownie 8 oz Low Fat Milk											

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine

Lifebridge Community Services "CHOICE" MENU
Nutrition for Mind, Body and Spirit October 2016

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	October Fest Special Veggie Sub (Eggplant, Roasted Veggies, 1 oz Green Peppers, 1 Slice Tomato, Onion, 2oz LS American Cheese ½ c. Tri Color Pasta Salad 1pc Black Forrest Cake 8oz Low Fat Milk		Columbus Day Special 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato & Cucumber Salad Italian Ice 8oz Low Fat Milk	
10	11	12	13	14
	2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6 " Whole Wheat Wrap 1/2c Potato Salad 1/2c Applesauce 8oz LF Milk		JAZZ FESTIVAL See Newsletter For Details No Lifebridge Lunch	
17	18	19	20	21
	HAPPY BIRTHDAYS! 6oz Vegetable Soup 1pkt LS Crackers 1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic) Birthday Cake 8oz LF Milk		1 oz LS Ham & 1 oz LS Swiss on Rye/Mustard ½ c German Potato Salad 1/2c Carrot Raisin Salad 1/2c Applesauce 8oz LF Milk	
24	25	26	27	28
	3 oz Seafood Salad on Bed of Lettuce W/Tomato Garnish Small Whole Wheat Roll ½ c. Pasta/Veggie/Olive Salad ½ c. Black Bean & Corn Salad Fresh Fruit 8oz Low Fat Milk		3 oz Sliced Butterball Turkey with cranberry sauce 2 slices whole grain bread w/mayo ½ c German potato salad 1 c Fresh Spinach Salad/Vinaigrette 4oz Apple Juice Mixed Berry Strudel 8 oz Low Fat Milk	
31				
Halloween Special				

MINIMUM PORTIONS SERVED AT EACH MEAL: All non-citrus juices are Vit C fortified

1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3 oz. Protein 1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain); All rolls are seedless; All white rice is enriched

All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt

OCTOBER 2016 MONTHLY ACTIVITIES**Mondays:**

9:00: Line Dancing
9:00: Canasta
9:15: Fitness Fun
10:00: Tai Chi
10:30: Sitercise
12:30: Bingo
1:00: Pinochle – Beginners Welcome

Tuesdays:

9:00: Ceramics
9:00: Intermediate Computer Class
10:00: Chair Yoga
10:30: Crafts; **10/11 and 10/25**
10:45: Beginner Computer Class
12:30: Mah Jongg
12:30: Crafts; **10/11 and 10/25**
12:45: Oil Painting
1:15: Senior Songsters

Wednesdays:

9:00: Line Dancing
9:30: Fitness Fun
10:30: Sitercise
10:30: Crafts; **10/12; 10/19 and 10/26**
12:00: Mah Jongg
12:15: Bridge
12:30: Crafts; **10/12; 10/19 and 10/26**
1:00: Rummikub

Thursdays:

9:00: Ceramics
10:00: Tai Chi
10:00: Pinochle; Color Fun
10:30: Crafts; **10/20**
12:30: Canasta
12:30: Crafts; **10/20**
1:00: Hatha Yoga; Pinochle

Fridays:

9:30: Fitness Fun; Scrabble
12:15: Bridge
12:30: Bingo

OCTOBER 2016 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 a.m.	9:30 a.m.	11:00 a.m.	9:30 Mini Trip:	11:30 a.m.
Presentation: <i>What Is Normal Aging Part 2?</i>	New Member Breakfast	Presentation by The North Haven Police Department	Universal Drive	Bocce Tournament and lunch
			11:30 a.m.	
			Pinochle Tournament	
	10:30 a.m.	11:30 a.m.		
	Finance Meeting	Bingo & Lunch	12:30 p.m.	
			Downton	
			Abbey-a-thon	
10	11	12	13	14
				10:00 a.m.
				Presentation:
Center Closed in observance of Columbus Day			12:30 p.m.	<i>Medicare Made Clear</i>
			Jazz Festival	
				presented by Nick Cassella
		12 to 1:30 p.m.	No Activities Today	
		Health Guidance Clinic		
17	18	19	20	21
	10:00 a.m.		8:30 a.m.	National
9:00 a.m.	Trip Out:		AARP Safe	Wear Pink Day
Tri-Town Christmas Party Registration Begins	Essex Steam Train & Boat Excursion		Drivers Course	for Breast Cancer
			9:30 Mini Trip:	
			New Haven Walmart	
	10:30 a.m.	1:00 p.m.		
	StoryTeller:	Make It Take It Project:	1:00 p.m.	
	Kate Allen Smith	Knitted Pumpkin Bag – Part 1	Ask An Attorney	
	No Hair/Nails		3:00 p.m.	
			Dinner and A Movie:	
			<i>Elsa & Fred</i>	
24	25	26	27	28
11:30 a.m. to 1:00 p.m.	10:30 a.m.		10:00 a.m.	
Flu Clinic	Mini Trip:	12 to 1:30 p.m.	Presentation:	
Sponsored by VNA	Christmas Tree Shop and	Health Guidance Clinic	<i>Laugh Out Loud</i>	
Community Healthcare	Cracker Barrel		10:00 a.m.	
		1:00 p.m.	Make It Take It Project:	
1:00 p.m.		Make It Take It Project:	Pumpkin Painting	
Cooking for 1 or 2 Fall Recipes		Knitted Pumpkin Bag – Part 2		
No Grocery Shopping			12:30 p.m.	
			Downton	
			Abbey-a-thon	
31				
10:00 a.m.				
Presentation:				
<i>Medicare Made Clear</i>				
presented by Nick Casella				
12:30 p.m.				
Halloween Bingo				
1:00 p.m. Cooking for 1-2 Fall Recipes				

